



East Side Mario's Nutrition Guide

	Serving Size	Energy	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
Soups & Salads															
Caesar Salad for 2 or More (big red bowl)	359	640	50	5	0.5	75	1010	34	5	5	18	120	100	8	20
With Light Dressing	359	490	38	4	0	75	1220	28	5	5	14	120	90	8	20
Chicken Garden Salad	411	390	24	3	0	0	1660	19	3	5	22	4	30	8	10
Entrée Caesar	273	490	36	3.5	0	55	880	30	4	4	16	90	80	6	15
With Light Dressing	273	390	28	3.5	0	55	1020	26	4	4	13	90	70	6	15
Entrée Garden	343	350	23	1	0	0	1440	34	3	8	7	10	35	6	10
Entrée Garden *No dressing	298	190	4	0	0	0	1130	32	3	6	7	10	35	6	10
Dressing on side	45	160	19	1	0.2	0	310	3	0	2	0	0	2	0	0
Garden Salad for 2 or more (big red bowl)	369	360	30	4	0	0	1340	20	3	5	4	4	35	8	8
Grilled Chicken Caesar Salad	386	580	37	4	0	105	1310	30	4	4	35	90	80	6	15
With Light Dressing	386	480	29	3.5	0	105	1450	26	4	4	32	90	70	6	15
Grilled Chicken and Caprese Salad	297	530	38	6	0.3	60	1340	20	2	5	25	30	30	15	20
Italian Wedding Soup	240	110	4.5	1.5	0	10	1030	12	1	1	5	4	0	2	4
Roasted Garlic and Tomato Soup	240	140	6	2.5	0.5	10	1030	19	2	6	4	20	10	8	8
Side Caesar Salad / Single Serving of Unlimited	180	320	25	2.5	0	40	510	17	2	2	9	60	50	4	10
With Light Dressing	180	250	19	2	0	40	610	14	2	2	7	60	45	4	10
Side Garden Salad / Single Serving of Unlimited	188	180	15	2	0	0	670	10	2	2	2	2	20	4	4
Tuscan Chicken Salad	459	570	34	4	0.5	10	990	43	11	13	25	50	110	15	15
Starters															
Budda Boomers	230	660	32	10	0.4	10	1230	74	3	4	19	0	45	10	2
Side Napolitana Sauce	82	60	3.5	0.5	0	0	420	6	1	4	1	6	25	2	6
Calamari Fritti (no dips)	426	550	6	1.5	0	745	2020	71	5	2	56	0	60	15	20
Side Arrabiatta Sauce	53	40	2	0.3	0	0	360	5	1	3	1	6	20	2	35
Side Pesto Mayo	60	360	39	3.5	0	85	280	0	0	0	2	0	0	0	0
Chicken Wings - (no sauce, no carrots / celery or blue cheese)	459	1140	78	24	0	0	1770	31	1	9	78	0	0	10	30
Honey Garlic Sauce	45	120	0	0	0	0	480	28	0	27	0.3	0	0	0	0
Hot Sauce	45	110	6	1	0	0	520	12	0	11	0.5	6	6	0	4
Medium Sauce	45	110	6	1	0	0	520	13	0	13	0.5	6	6	0	4
Mild Sauce	45	110	6	0.5	0.1	0	280	14	1	12	1	0	10	0	2
Blue Cheese Dip	46	210	21	3	0.1	0	400	0	0	0	1	0	0	6	0
Crispy 4 Cheese Lasagna Wedges	458	750	23	10	0.3	95	2490	105	5	15	32	35	50	35	45
Feta Bruschetta	271	620	32	8	0.4	10	1220	67	5	10	14	10	30	15	30
Garlic Parmesan Wings (no carrots / celery or blue cheese)	491	1350	99	32	1	50	2140	34	1	9	79	2	10	15	30
Mario's Mussels	420	590	30	4.5	0.1	25	1600	53	3	4	17	6	10	10	35
Mario's Nachos (no dips)	584	1350	59	20	1	95	2810	146	13	6	46	20	100	100	40
Side Salsa	62	20	0.2	0	0	0	450	5	0	4	1	0	15	0	4
Side Sour Cream	57	90	8	5	0.1	30	0	4	0	3	2	8	0	6	0
Mushroom Stuffed Caps (no side crostini)	204	500	44	17	0.5	35	690	10	0	2	12	15	15	20	2
Side Crostini(no margarine)	103	300	7	2.5	0	0	650	49	2	1	9	0	2	8	15
Calamari Al Diavolo	686	840	33	7	0	660	3360	88	9	8	52	4	220	20	20
Spinach and Cheese Dip (with Flatbread)	370	1090	74	26	1	115	1780	75	4	6	26	15	20	20	25
Sandwiches & Street Eats (not including side serving)															
Budda Burger	386	680	35	15	1	150	1480	53	3	6	40	10	15	10	40
Calamari al Diavolo Piada	561	1200	67	13	1	355	2820	110	8	7	39	25	90	15	40
Canadian Panzeroli	381	830	43	19	0.5	65	1690	76	4	9	35	15	35	4	10
Caprese Piada	406	900	60	13	1	25	1550	70	5	14	22	40	45	35	35
Carbonara Piada	587	1260	89	17	0.5	145	2980	60	4	5	54	30	40	15	30
Four Meat Panzeroli	402	880	45	20	0.5	90	2270	78	4	9	42	15	30	4	10
Mario's Chicken Parm Sammy	379	600	12	5	0	50	1820	81	4	8	40	15	35	25	25
New York Steak Sandwich (West only)	300	710	49	14	0	90	1190	25	1	0	40	0	4	4	25
Pollo, Pesto, & Peppers Piada	549	980	56	10	1	140	2490	62	4	7	56	45	80	20	30
Spicy Sausage & Peppers Panzeroli	374	700	27	11	0.5	50	1850	79	4	10	35	15	45	4	25
Steak & Bacon Caesar Piada	504	1090	71	17	1	105	2280	71	5	13	42	30	60	20	80
Steak & Gorgonzola Piada	454	890	51	15	1	115	2160	63	5	7	42	40	70	45	80
Tuscan Chicken Club	500	890	43	8	0	135	2100	68	4	6	56	15	40	2	20



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	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
Pizza (1 slice of a Regular)															
Calamari al Diavolo	133	250	9	3	0.1	70	640	30	2	1	11	4	15	2	10
Canadian	90	220	10	4.5	0.1	20	390	23	1	1	8	2	4	0	10
Cheese	76	180	6	2.5	0.1	15	360	22	1	1	6	4	4	15	10
Four Meat	95	240	11	5	0.2	25	490	23	1	1	9	2	4	0	10
Gluten Friendly Cheese	66	170	6	3	0.1	10	290	21	1	2	6	2	6	0	0
Italiano	104	210	9	3.5	0.2	15	480	24	2	2	7	4	8	2	10
Mediterranean	97	210	9	4	0.1	20	490	24	2	1	8	8	6	2	10
New Yorker	93	200	8	3.5	0	20	450	23	1	1	7	4	15	0	8
Pepperoni	86	220	10	4	0	25	530	23	1	1	8	2	4	0	8
Spicy Sausage & Pepper	97	200	8	3	0.1	15	490	24	2	1	7	2	15	2	15
Steak & Gorgonzola	107	230	9	4	0.2	30	430	23	1	1	11	4	4	4	15
Tetrazini	126	230	10	3.5	0.2	25	510	24	1	1	10	2	8	2	10
Pizza (1 slice of a Large)															
Calamari al Diavolo	145	270	9	2.5	0.1	65	680	35	2	2	10	4	15	2	15
Canadian	107	250	10	4	0.1	20	500	29	2	1	10	4	6	0	15
Cheese	93	210	7	2.5	0.1	10	430	28	1	1	7	4	6	0	15
Four Meat	112	270	12	5	0.2	25	560	29	2	1	9	4	6	0	15
Italiano	121	250	10	4	0.2	15	510	30	2	2	8	4	10	2	15
Mediterranean	114	250	10	4	0.1	20	560	29	2	1	9	6	8	4	15
New Yorker	109	230	8	3.5	0.1	15	440	29	2	1	8	4	15	0	15
Pepperoni	102	250	10	4	0.2	20	440	29	2	1	9	4	6	0	15
Spicy Sausage & Pepper	112	230	8	3	0.1	15	540	29	2	1	8	4	10	2	20
Steak & Gorgonzola	124	260	10	4	0.2	30	500	29	2	1	11	4	6	4	15
Tetrazini	141	260	11	4	0.2	25	580	29	2	1	10	2	8	2	15
Pizza Topping (Regular)															
Bacon Pieces	28	130	9	3.5	0	30	360	0	0	0	11	0	0	0	2
Black Olives	28	35	3	0.4	0	0	210	2	1	0	0.2	2	0	2	6
Caramelized Onions	43	35	2	0.4	0	0	20	4	1	2	0.4	0	4	0	0
Diced Ham	28	45	3	0.5	0	15	390	1	0	0	4	0	0	0	2
Extra Cheese	57	170	11	7	0.4	40	340	2	0	0	13	8	0	40	0
Goat Cheese	43	110	9	6	0.3	45	160	1	0	1	7	8	0	2	0
Grilled Chicken	114	90	1	0.3	0	50	590	0	0	0	19	0	0	0	0
Hot Cherry Peppers	21	5	0	0	0	0	300	1	1	1	0.1	4	20	2	0
Italian Sausage Crumble	43	110	8	3	0	25	430	2	2	0	8	0	0	4	6
Mushrooms	28	5	0.1	0	0	0	1	1	0	1	1	0	0	0	2
Pepperoni	28	120	11	4.5	0.2	25	20	1	1	0	6	0	0	2	4
Pineapple	28	20	0.1	0	0	0	0	5	0	4	0	0	2	0	0
Pulled Pork	85	130	5	1.5	0	40	840	10	0	7	12	2	2	2	6
Red and Green Julienne Peppers	43	10	0.1	0	0	0	1	2	1	1	0.4	8	70	0	2
Roasted Red Peppers	43	10	0	0	0	0	110	2	0	1	0.3	4	25	0	2
Tomatoes	85	15	0.2	0	0	0	4	3	1	2	1	8	20	0	2
Pizza Topping (Large)															
Bacon Pieces	57	260	19	7	0	60	710	1	0	1	22	0	0	0	4
Black Olives	57	70	6	1	0	0	420	4	2	0	0.5	2	0	4	15
Caramelized Onions	85	70	4	1	0.1	0	40	7	1	3	1	0	10	2	2
Diced Ham	57	90	6	1.58	0	30	790	2	0	1	7	0	0	0	2
Extra Cheese	113	340	23	13	1	75	680	4	0	0	26	15	0	80	0
Goat Cheese	85	230	17	11	0.5	85	310	3	0	3	14	15	0	6	0
Grilled Chicken	227	180	2.5	0.5	0	100	1020	0	0	0	39	0	0	0	0
Hot Cherry Peppers	43	15	0	0	0	0	600	3	1	0.3	8	45	6	0	0
Italian Sausage Crumble	85	220	15	6	0.1	50	850	4	3	1	16	0	2	6	10
Mushrooms	57	10	0.2	0	0	0	3	2	1	1	2	0	2	0	2
Pepperoni	57	250	22	9	0.3	45	40	1	1	0	12	0	0	2	10
Pineapple	57	40	0.2	0	0	0	0	10	0	9	0	0	4	0	0
Pulled Pork	170	270	10	3.5	0	80	1670	20	0	15	23	4	4	2	10
Red and Green Julienne Peppers	85	20	0.2	0	0	0	3	5	2	3	1	15	150	0	2
Roasted Red Peppers	85	20	0	0	0	0	220	3	1	3	1	10	50	2	2
Tomatoes	142	25	0.3	0	0	0	5	6	2	4	1	10	30	2	2



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	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% Daily Value)	(% Daily Value)	(% Daily Value)	(% Daily Value)
Everyday Values															
Baked Penne Alfredo	433	770	28	14	1	50	1070	95	7	8	33	45	140	50	20
Baked Penne Bolognese	369	800	33	15	1	80	1280	91	5	8	33	8	20	50	15
Bruschetta Pizza	539	1300	50	25	1	0	2130	149	6	11	62	15	35	90	60
Build Your Own - Italian Sausage	100	340	29	7	0.1	50	850	4	3	1	16	0	2	6	10
Build Your Own - Mario's Meatballs	172	310	20	8	0.4	60	1190	13	0	2	20	6	15	8	20
Build Your Own - Pasta Alfredo	284	600	16	10	0.5	60	1040	88	4	5	23	15	0	30	20
Build Your Own - Pasta Arrabiata	283	520	9	1	0	0	1180	97	7	10	17	20	60	8	130
Build Your Own - Pasta Blush	263	530	11	3.5	0.2	20	830	91	5	8	18	20	35	10	25
Build Your Own - Pasta Bolognese	293	590	17	4.5	0.4	35	870	89	5	5	23	8	30	2	30
Build Your Own - Pasta Napolitana	293	530	10	1	0	0	940	95	6	11	16	25	60	4	30
Build Your Own - Pasta Primavera	173	410	2	0	0	0	440	84	5	2	15	0	8	2	25
Build Your Own - Pasta Tomato Herb	317	520	7	0.4	0	0	1100	90	4	4	16	0	15	4	30
Build Your Own - Primavera Vegetables	186	170	14	1.5	0	0	340	11	3	4	2	50	140	2	4
Build Your Own - Sautéed Shrimp	91	200	15	1.5	0	110	220	1	0	0	14	4	4	4	10
Build Your Own - Seasoned Chicken Breast	100	220	16	2.5	0.1	10	270	0	0	0	20	0	0	2	4
Fettuccine Alfredo	264	580	15	9	0.5	50	1170	87	4	5	22	15	0	25	20
Kung Pao	559	1040	41	4	0	30	2130	150	8	33	24	60	180	8	15
Riso Italiano	592	1010	52	11	0.3	75	2710	95	5	7	38	25	60	10	20
Sautéed Basa Filet	531	710	41	8	0	85	2030	52	6	5	34	60	90	6	15
Spaghettini and Meatballs	553	910	34	10	0	60	2690	116	7	19	39	50	110	15	45
Spaghettini Primavera	428	790	33	4.5	0	10	920	106	10	15	22	110	180	15	25
Taste of Little Italy (not including salad, soup or bread)															
Cheese Cappelletti	566	910	30	16	0.5	95	1070	114	7	12	43	30	60	70	50
Firecracker Shrimp Bowtie	480	950	42	5	0	345	1900	100	8	3	42	10	180	35	50
Linguine Chicken Amatriciana	504	1070	54	11	0	55	1650	99	6	12	51	20	60	15	25
Linguine Chicken Tetrazzini	647	1180	60	17	1	70	1870	94	6	9	55	6	15	35	25
Marios 16 Layer Lasagna	726	1140	52	22	1.5	145	2300	110	6	13	56	10	40	70	40
Pesto and Peppers Spaghettini with Goat Cheese	407	700	25	6	0.2	35	840	96	8	12	24	40	160	15	30
Sausage and Pepper Penne	520	920	39	7	0	50	2600	110	13	16	36	60	180	20	120
Scallop Carbonara	419	970	46	16	0.5	145	1530	91	4	7	49	6	25	30	20
Seafood Linguine	540	830	28	2	0	195	2300	96	4	6	45	4	25	20	20
From the Neighbourhood (not including salad, soup or bread)															
Back Ribs - (no side choice, no side sauce)	660	1260	79	30	0.2	295	2460	32	0	22	106	4	0	10	45
Chicken Picatta - (no side vegetables or side choice)	558	480	24	5	0	125	2110	26	6	3	40	2	150	10	15
Chicken Strips - no side choice or plum sauce	271	530	22	3	0	95	1060	40	3	15	42	0	4	4	20
Plum Sauce for dipping	53	100	0	0	0	0	470	25	0	24	0	0	0	0	0
Fish & Chips - no side choice or tartar sauce	345	560	9	1	0	95	1320	77	3	3	41	6	10	8	20
Side Tartar Sauce	55	320	35	3	0.4	40	280	2	0	0	1	4	4	0	0
Goat Cheese Stuffed Chicken	450	680	42	12	0.5	135	960	30	4	3	45	30	130	6	15
Grilled Atlantic Salmon (with sauce, no vegetables or side choice)	246	530	40	12	0	115	820	3	0	1	39	2	6	10	4
Hell's Kitchen Chicken - (no side vegetables or side choice)	569	470	23	4	0	100	2390	22	4	7	44	10	35	6	10
Mario's Classic Chicken Parmigiana - no side choice	417	570	18	8	0.5	140	2170	40	2	6	58	10	25	50	15
New York Striploin - (no vegetables or side choice)	235	590	44	16	0	120	830	0	0	0	46	0	0	2	20
Lunch Pasta (not including homeloaf)															
Sausage and Pepper Penne (Small)	331	540	21	4	0	25	1650	70	8	10	21	40	120	15	80
Seafood Linguine (Small)	322	490	16	1	0	100	1380	60	3	4	25	4	15	10	15
Spaghettini Primavera (Small)	233	490	17	2.5	0	5	480	70	7	9	16	60	160	10	25
Linguine Chicken Tetrazzini (Small)	314	620	30	9	0	35	940	57	3	4	24	2	8	20	15
Cheese Cappelletti (Small)	283	450	14	7	0	60	1160	57	4	6	21	20	30	35	25
Linguine Chicken Amatriciana (Small)	287	600	28	6	0	30	910	61	4	7	27	10	40	8	15
Spaghettini and Meatballs (Small)	401	630	25	7	0	45	2020	77	5	14	27	35	80	10	30



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Mini Mario's Menu															
Cheese Cappelletti	283	460	15	8	0	45	1030	57	4	6	21	15	30	35	25
Cheese Quesadilla	203	690	37	19	0.5	55	1530	53	2	0	31	15	4	80	15
Sour Cream for dipping	43	70	6	3.5	0.1	20	0	3	0	2	2	6	0	6	0
Cheesy Bowtie Alfredo	231	540	22	14	0.5	105	740	54	3	3	27	2	0	50	15
Dino Buddies - no side dish or plum sauce	140	450	35	3.5	0	30	480	18	9	3	16	0	0	0	0
Plum Sauce for dipping	53	100	0	0	0	0	470	25	0	24	0	0	0	0	0
Kid's Side Fries	114	160	5	1.5	0.1	0	690	26	3	0	3	0	15	0	8
Grilled Cheese Sandwich*side not included	185	630	31	15	0.5	55	1240	63	2	2	26	15	20	40	25
Kids Fingers and Fries	377	590	20	4	0.2	55	1610	71	5	3	29	0	25	0	10
Plum Sauce for dipping	53	100	0	0	0	0	470	25	0	24	0	0	0	0	0
Kids Grilled Chicken & Rice	327	510	24	4.5	0.1	50	1000	47	3	2	26	30	150	4	8
Kids Top Sirloin Steak	342	700	42	8	0.2	60	630	47	3	2	31	30	150	4	25
Mario's Kid's Chicken Parmigiana - no side dish	220	280	10	4	0	45	1050	21	2	5	23	10	30	20	10
Mario's Pasta with Napolitana Sauce	235	370	8	1	0	0	850	63	4	10	11	10	50	4	20
Mario's Pasta with Margarine & Parmesan Romano Cheese	113	510	28	7	0.3	15	370	52	3	3	14	2	0	15	10
Mini Mario's Burger - no side dish	255	480	22	9	0.5	85	870	48	2	6	26	4	8	8	30
Pogo Stick	75	180	8	2.5	0.2	20	680	21	1	3	7	0	0	4	10
Side Servings and Add-ons															
Chicken Wings - (no sauce, no carrots / celery or blue cheese)	178	260	19	2	0	20	870	36	0	0	15	4	2	4	15
Honey Garlic Sauce	22	60	0	0	0	0	240	14	0	13	0.1	0	0	0	0
Hot Sauce	22	50	3	0.4	0	0	260	6	0	5	0.2	4	4	0	2
Medium Sauce	22	60	3	0.4	0	0	260	6	0	6	0.2	4	4	0	2
Mild Sauce	22	60	3	0.3	0.1	0	140	7	1	6	1	0	4	0	2
Blue Cheese Dip	22	100	12	1.5	0.1	5	240	0	0	0	1	0	0	0	0
Bacon Wrapped Scallop Skewer (1 Piece)	15	35	3	1	0	20	75	0	0	0	3	0	0	0	0
Fettucine Alfredo	159	360	9	5	0.3	30	540	55	0	2	14	10	0	15	50
French Fries	228	330	10	2.5	0.2	0	1370	53	7	0	6	0	25	2	15
Grilled Salmon Filet	171	310	19	3.5	0	100	260	0	0	0	34	0	10	4	4
Grilled Seasoned Chicken Breast	114	90	1	0.3	0	50	590	0	0	0	19	0	0	0	0
Homeloaf (no Margarine)	103	300	7	2.5	0	0	650	49	2	1	9	0	2	8	15
Italian Poutine	375	500	22	9	0.5	10	1430	58	7	1	17	2	35	20	20
Mario's Potatoes	287	770	57	11	0.5	0	450	61	5	1	6	0	50	4	8
Penne Napolitana	235	370	8	1	0	0	850	63	4	10	11	25	50	4	15
Roasted Button Mushrooms	99	120	10	3.5	0.1	0	170	4	1	2	3	0	8	0	2
Sautéed Shrimp	53	120	5	2	0.1	100	270	1	0	0	12	0	2	8	10
Side Veg (Broccoli and mixed peppers)	113	60	3.5	0.2	0	0	25	5	3	0	3	25	160	4	6
Spaghettini with Herbed Olive Oil	107	260	1.5	0	0	0	260	53	3	3	10	2	6	0	8
Sweet Potato Fries	228	720	41	4.5	0.5	0	1110	83	5	28	5	60	25	10	10
Desserts															
Birthday Dessert	105	360	16	9	0.5	30	330	52	2	36	4	2	0	2	40
Black & White Mousse Cake	55	190	10	6	0.3	25	50	24	0	19	1	6	0	2	25
Budda Binger Bites*includes caramel	164	570	25	3	0.2	0	530	80	2	37	7	0	2	2	6
Funnel Cake	496	1440	76	29	0.5	90	1020	181	4	89	14	10	50	20	25
Ice Cream - Adult Size	270	260	13	4.5	0.4	45	130	35	0	17	2	15	0	4	0
Kids Brownie	105	420	19	12	0.5	25	170	59	3	44	3	0	0	0	35
Kids Sundae	247	420	17	10	0.5	30	170	63	1	43	3	10	0	4	25
Mini Cones	102	130	4.5	3	0.1	15	50	23	0	9	2	0	0	2	8
New York Cheese Cake*does not include choice of sauce	227	760	51	34	0	210	560	64	2	54	12	45	0	10	25
Peanut Butter Stacker	231	1010	61	33	2.5	105	430	105	4	78	12	15	0	10	10
S'mores Pizza	276	860	16	7	0	0	720	160	2	68	19	0	0	0	90


ABOUT THIS NUTRITION GUIDE

- This Guide contains information based on our standard products formulations; however there may be occasions when variations in product formulations may occur
- Certain menu items may vary from restaurant and may not be available at all locations
- This Guide reflects the nutrition information for the listed products as of September, 2014.



East Side Mario's Allergen Guide

	Milk	Eggs	Mustard	Peanut	Seafood	Sesame	Soy	Sulphites	Tree Nuts	Wheat
Entrees (does not include soup/salads and homeloaf)										
16 Layer Lasagna	X	X					X	X		X
Alfredo Sauce	X						x			
Arrabbiata Sauce										
Baked Penne Alfredo	X						x			X
Baked Penne Bolognese	X							X		X
Bolognese Sauce								X		
Cheese Cappelletti	X	X					X			X
Chicken Parmigiana	X						X			X
Chicken Picatta	X						X	X		X
Chicken Strips with Dipping Sauce, Fries	X	X					X			X
Firecracker Shrimp Bowtie	X				X			X		X
Fish & Chips with Tartar Sauce		X	X		X		X			X
Goat Cheese Stuffed Chickcken	X						X			X
Grilled Salmon	X				X		X	X		X
Hell's Kitchen Chicken	X						X			X
Italian Sausage										
Kung Pao	X	X		X		X	X			X
Linguine Chicken Amatriciana	X						X			X
Linguine Chicken Tetrazini	X						X			X
Marios' Meatballs	X						X			X
Mario's Mussels	X				X		X	X		X
Napolitana							X			
New York Stiploin	X						X			
Pasta										X
Pesto and Peppers Spaghettni	X						X			X
Rack of Ribs			X				X			
Riso Italiano	X						X	X		
Sausage and Pepper Penne										X
Sautéed Basa Filet	X				X		X	X		X
Sautéed Shrimp					X			X		
Scallop Carbonara	X				X		x			X
Seafood Linguine					X		X	X		X
Seasoned Chicken Breast							x			
Spaghettni and Meatballs	X						X			X
Spaghettni Primavera	X						X			X
Pizza										
Bruschetta Pizza	X									X
Build Your Own - cheese and sauce	X									X
Calamari Al Diavolo	X				X		X			X
Canadian	X						X			X
Four Meat	X						X			X
Gluten Free Pizza Dough		X								
Italiano	X						X	X		X
Mediterranean	X									X
New Yorker	X						X	X		X
Pepperoni	X						X	X		X
Spicy Sausage and Pepper	X						X			X
Steak and Gorgonzola	X						X			X
Tetrazini	X						X			X

 East Side Mario's Allergen Guide	Milk	Eggs	Mustard	Peanut	Seafood	Sesame	Soy	Sulphites	Tree Nuts	Wheat
Sandwiches and Street Eats(not including sides)										
Chicken Parmigiana	X						X			X
Calamari al Diavolo Piada	X				X		X			X
Caprese Piada	X						X	X		X
Grilled Chicken Carbonara Piada	X	X	X		X		X	X		X
Pollo, Pest and Peppers Piada	X	X	X		X		X	X		X
Steak and Bacon Caesar Piada	X	X	X		X		X	X		X
Steak and Gorgonzola Piada	X						X			X
Sausage and Pepper Panzeroli	X						X	X		X
New York Steak Sandwich*west stores only	X						X			X
Canadian Panzeroli	X						X	X		X
Four Meat Panzeroli	X						X	X		X
The Traditional Burger							X			X
Tuscan Chicken Club	X	X					X			X
Desserts										
Birthday Dessert	X	X					X			X
Black & White Mousse	X	X					X	X		X
Funnel Cake	X	X					X			X
Kids Cones	X						X			X
New York Cheesecake	X	X					X			X
Peanut butter Stack	X	X		X			X			X
S'mores Pizza	X						X	X		X
Vanilla Ice Cream	X									

FOOD ALLERGY CAUTION

The safety and satisfaction of our guests is our highest priority. To help you make more informed choices we created an Allergen Guide with symbols to indicate the presence of allergens in menu items. However, as in all non-dedicated kitchens, there is the possibility of cross-contamination between food items. Occasional variations in recipes or product formulations can also occur and there is a risk of cross-contamination of ingredients at the manufacturing site. If your allergy or intolerance is mild, please use this Guide to make your selection. © Prime Restaurants Inc. (including its affiliates, partnerships and franchisees) assumes no liability as a result of food related reactions.

*All fried products may contain one or all of the allergens identified in the Allergen Guide as fryer oil is a source of cross-contamination